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## CRISIS SUPPORT Suicide & Self-Harm Prevention

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### Immediate Help

If you or a person you are caring for is in crisis or having thoughts of suicide or self-harm, seek help immediately.

[Emergency Services 000](#)

[Suicide Call Back Service 1300 659 467](#) [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

[Suicide Line 1300 651 251](#) [www.suiceline.org.au](http://www.suiceline.org.au)

[Poison Information Centre 13 11 26](#)

[Mental Health Psychiatric Emergencies - Triage Monash Health 1300 369 012](#)

[Lifeline 13 11 14](#) [www.lifeline.org.au](http://www.lifeline.org.au)

[After Hours GP 13 74 25](#)

[Nurse On Call 1300 60 60 24](#)

Triage Triage is a 24 hour / 7 days a week service that assess and refers people who are experiencing a mental health crisis. Triage may refer someone to a community team or admit them to hospital.

[Central East 1300 721 927](#) (Manningham, Monash-Waverley East, Monash-Waverley West, Whitehorse-Boxhill, Whitehorse-Nunawading West)

[Dandenong 1300 369 012](#) (Greater Dandenong, Casey, Cardinia, Frankston-East)

[Inner South East 1300 363 746](#) (Port Phillip, Stonnington, Glen Eira, Caulfield)

[Inner Urban East 1300 558 862](#) (Yarra, Boroondara)

Inner West 1300 874 243 (Moonee Valley, Melbourne)

Middle West 1300 874 243 (Melton, Brimbank)

Middle South 1300 369 012 (Bayside, Kingston)

North East 1300 859 789 (Nillumbik, Banyule)

North Western 1300 874 243 (Whittlesea, Darebin)

Outer East 1300 721 927 (Maroondah, Knox, Yarra Ranges)

Peninsula 1300 792 977 (Mornington Peninsula, French Island, Kingston-South, Frankston-West)

South West 1300 657 259 (Wyndham, Hobson's Bay, Maribyrnong)

To search by your suburb: Adult and Youth go to;  
<http://www.health.vic.gov.au/mentalhealthservices/k.htm>

### 24 hour chemists

Casey Superclinic Medical Centre 24 hour Chemist - 9707-4777 address: 50 Kangan Drive, Berwick VIC 3806

Carnovale 24 Hour Pharmacy - 9315 1774 address: 149 Somerville Rd, Yarraville

24 Hour Pharmacy at Knox - 9800 5199 address: 2081 Burwood Hwy at Westfield Knox Shopping Centre

## Recognising suicide warning signs

\*Reference: SuicideLine Fact sheet: 2015

[http://suicideline.org.au/content/uploads/recognising\\_suicide\\_warning\\_signs.pdf](http://suicideline.org.au/content/uploads/recognising_suicide_warning_signs.pdf)

Someone who is thinking about suicide will usually give some clues or signs to those around them that show they are troubled. Suicide prevention starts with recognising these warning signs and taking them seriously. The following is a list of signs that people might give when they are feeling distraught and overwhelmed, in order to communicate their distress to others. These physical changes and behaviours are indicators that a person might be thinking about suicide. Some of these signs are stronger indicators that a person may be contemplating suicide.

It is likely that a suicidal person will display a combination of these signs rather than one single sign.

### Physical changes

- major changes to sleeping patterns - too much or too little
- loss of energy
- loss of attention to personal hygiene or appearance
- loss of interest in sex
- sudden and extreme changes in eating habits - either loss of appetite or increase in appetite
- weight gain or loss
- increase in minor illnesses

## Behaviours

- alcohol or drug misuse
- fighting and/or breaking the law
- withdrawal from family and friends
- quitting activities that were previously important
- prior suicidal behaviour
- self-harming
- putting affairs in order e.g. giving away possessions, especially those that have special significance for the person
- writing a suicide note or goodbye letters to people
- uncharacteristic risk-taking or recklessness (e.g. driving recklessly)
- unexplained crying
- emotional outbursts

## Conversational signs

- no future - "What's the point? Things are never going to get any better."
- guilt - "It's all my fault, I'm to blame."
- escape - "I can't take this anymore."
- alone - "I'm on my own...no-one cares about me."
- damaged - "I've been irreparably damaged... I'll never be the same again."
- helpless - "Nothing I do makes a bit of difference, it's beyond my control."
- talking about suicide or death
- planning for suicide

## Feelings

- sadness
- anger
- shame
- desperation
- disconnection
- hopelessness
- worthlessness
- powerlessness
- loneliness
- isolation

# Develop a Crisis Plan

## What should be in a Crisis Plan?

- it is important to develop a crisis plan while you are in a good state of mental health.
- it is important to discuss your plan with the people that will be there in a crisis; partners, parents, adult children, health professionals and support workers.
- your individual preferences as to what to do in a crisis - this should be discussed with your medical health providers, support professional and/or carer (family and friends)
- diagnosis
- contact information for doctors, services, other support professionals
- what medication is being taken: how much and for what purpose

- contact information of family and carers
- if you are a parent what the plan is for the care of your children if you are not able
- completed advance statements (see "Take an active role in your treatment")
- past suicide attempts and episodes of self-harming
- trauma history (if there is any) inclusive of recent traumatisation
- specific things that may be triggers for you
- what strategies or tools that have worked well in the past
- any relevant physical medical health issues
- any allergies or adverse reactions to medications, foods or environmental agents
- any addictions, or recreational drug or alcohol use
- It is also important to include names and phone numbers of people that are able to assist with dependent children and pets in the case of a crisis or hospital admission

## Non Suicidal Self Injury (Self-harm)

If you or someone you know is injuring there is help. If it is an emergency call 000 or go to your nearest hospital. Non Suicidal Self Injury is different from a suicide attempt but still may be equally as dangerous. Self Injury can take on many forms. Some of the more common forms are cutting one's skin, purposely burning one self, reckless misuse of prescription medications or use of illegal drugs and acting out recklessly, such as driving excessively fast. People self Injury for various reasons, but often it is a cry for help when the person is having difficulty asking. Some forms of self injury can become addictive and provide the person a temporary sense of relief from emotional pain. However it is still putting the person at risk. Seek help.

## Helpful links

Victorian Government Health Information - triage/ CAT services/ mental health care facilities by region  
<http://www.health.vic.gov.au/mentalhealthservices/adult/centraleast-a.htm>

Beyondblue Fact sheet:

<https://www.youthbeyondblue.com/understand-what%27s-going-on/self-harm-and-self-injury>

Sane [www.sane.org](http://www.sane.org)

Reach out [www.reachout.com](http://www.reachout.com)

SuicideLine 1300 651 251 [www.suicideline.org.au](http://www.suicideline.org.au)

Suicide Prevention Australia [www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

QPR Question Persuade and Refer - free on-line suicide prevention training course.

[Http://suicideprevention.salvos.org.au/training/qpr-suicide-prevention](http://suicideprevention.salvos.org.au/training/qpr-suicide-prevention)

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